

SELF-ASSESSMENT IN EMOTIONAL INTELLIGENCE

FROM “EMOTIONAL INTELLIGENCE FOR A COMPASSIONATE WORLD” BARBARA KERR, PHD



Thank you for your interest in learning more about your emotional intelligence!

This self-assessment, which is included in the course, **Emotional Intelligence for a Compassionate World**, will help you understand your strengths and areas needing development in emotional intelligence.

There are 30 items, which you will respond to with a number from 1 to 5:

- 1 - Rarely like me
- 2 - Occasionally like me
- 3 - Sometimes like me
- 4 - Often like me
- 5 - Almost always like me

When you have finished all 30 items, turn to the “Scoring the Assessment” page to record and plot your results.

I hope you will join us in the course, Emotional Intelligence for a Compassionate World. [Click here to learn more.](#)



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Emotional Intelligence Self-Assessment

Respond to each statement with one of the following:

- 1 = Rarely like me
- 2 = Occasionally like me
- 3 = Sometimes like me
- 4 = Often like me
- 5 = Almost always like me

Note: The assessment consists of 30 items.

_____ 1.	I know which situations and/or people are likely to make me feel frustrated or angry.
_____ 2.	When I have accomplished a difficult task, I take time to appreciate my work.
_____ 3.	When I write an email, I think about how the receiver will feel reading it.
_____ 4.	I publicly give credit to those who help me accomplish a task or goal.
_____ 5.	Even when I am disappointed with poor results, I am optimistic about working toward a better outcome.
_____ 6.	When I feel angry, I am able to identify the cause.
_____ 7.	When I am frustrated or angry, I remain composed.
_____ 8.	I recognize when others are nervous or ill-at-ease in my presence.
_____ 9.	I am open to suggestions and ideas from others even if they disagree with my ideas.
_____ 10.	I view problems as interesting challenges to solve.
_____ 11.	I recognize when my energy is low.
_____ 12.	At the close of a meeting, I am clear about what actions I will take next.
_____ 13.	When I am in small group of family, friends, or colleagues, I attempt to understand the mood of each person.
_____ 14.	When the person I am with is irritated, I adjust my behavior as I interact with him or her.
_____ 15.	When I receive bad news, I give myself some time to absorb it and then move on.

_____ 16.	When I speak, I am aware of the impact I have on others.
_____ 17.	When I make a mistake, I openly admit to it.
_____ 18.	I try to identify the emotions and feelings that other people may be experiencing.
_____ 19.	When teaching someone to do something, I am patient if the person is slow to understand.
_____ 20.	When I am feeling disappointed after working toward a goal, I am able to express my disappointment and keep working.
_____ 21.	I am aware that my mood and conversation affect how others around me feel and act.
_____ 22.	I observe others carefully to learn beneficial behaviors or skills.
_____ 23.	If a friend, family member, or colleague shows irritation or impatience, I try to understand what he/she is feeling.
_____ 24.	I welcome feedback from my friends and family.
_____ 25.	I am able to adjust easily when there are major changes in plans (for example, cancellation of dinner plans with friends, or changing a vacation destination).
_____ 26.	When I feel sad, I can identify the cause.
_____ 27.	When I am in a bad mood, I am able to remain patient with other people.
_____ 28.	I try to understand how others are feeling by putting myself in their place and imagining how I would feel.
_____ 29.	I encourage people to speak up if they disagree with my point of view.
_____ 30.	When I am upset about a personal issue, I do not find it difficult to stay focused on my work.

Go on to the next page to score your assessment.

Scoring Instructions:

1. On the next page, transfer your scores (for items 1-30) to the corresponding blanks.
2. Add each column to obtain a score for each of the five dimensions.
3. Plot your scores on the graph at the bottom of the page.
4. You may want to print out your scores for future reference.

Scoring the Assessment

1_____	2_____	3_____	4_____	5_____
6_____	7_____	8_____	9_____	10_____
11_____	12_____	13_____	14_____	15_____
16_____	17_____	18_____	19_____	20_____
21_____	22_____	23_____	24_____	25_____
26_____	27_____	28_____	29_____	30_____
Total _____	_____	_____	_____	_____

Actions of Awareness Awareness Interaction Resilience the Self of the Self of Others with Others

Results

Plot your scores on the chart below to see whether you are “Highly Effective,” “Effective,” or have “Room for Improvement.”

